



SANDY PARKS & RECREATION 2008-2009 JR. JAZZ BASKETBALL GRADES 7-8

Regulation High School Basketball Rules will govern Sandy City Jr. Jazz Basketball with the following modifications:

1. Games will consist of four eight-minute quarters with a three-minute halftime and one minute between quarters. Duration of quarters may be adjusted to keep games on schedule. The time clock will run continuously except for time outs and free throws. Four thirty-second time outs during a regulation game will be allowed. Unused time outs accumulate and may be used any time during a game. No overtimes to break a tie. A jump ball will be used to start the game. Possession will alternate thereafter.
2. The ten second back court rule and three second lane violations are used.
3. **Everyone plays half of every game they attend. In addition, no player is allowed to play the entire game.** Exceptions Are: Player becomes ill or injured, player fouls out or is ejected from game or if only 5 players show up for a game. (See chart in Sportsmanship Rules).
4. Players receiving five (5) personal fouls will be disqualified. Technical fouls count as personal fouls. Players receiving two technical fouls in one day will be ejected.
5. Both a man-to-man defense and a zone defense can be used. Full court press is allowed. **A team may not use the full court press if they are ahead by 20 points (12 points for girls division) or more.** You must attack the basket (no stalling).

PENALTY for FULL COURT PRESS VIOLATION or ILLEGAL OFFENSES: The first violation of each is a warning, thereafter, all violations will be goal tending.

6. "One and One" bonus free throws will be shot on the seventh team foul in each half. Two free throws will be shot on the tenth team foul in each half. All technicals are two shots and possession.
7. No league standings will be kept. The home team will provide a scorekeeper and the visitors will provide a timekeeper.
8. A 15 foot free throw line will be used. Boys use the regulation size basketball and girls use the 28.5 size basketball. A 3-point shot will be used where the lines are painted in.
9. NO jewelry is allowed! No rubber wrist bands, watches, rings, or hard hair ties. A player may **not** play with a hard cast.
10. The current year Sandy Parks & Recreation Jr. Jazz jersey must be worn for all league games. Jerseys must be tucked in. We recommend shorts/pants that do not have pockets on them.
11. At game time, a team must have at least 4 players to begin league play, otherwise the clock will be started and run through the first quarter. **The team with enough players can take turns shooting free throws for 1 point each. Going down the roster, each player takes 2 shots while teammates rebound. This "on time advantage" ends at a cap of 20 points or when the other team has enough players. The referee will ensure all shots are legal.** If five or more players show up before the end of the 1st quarter the remainder of the game will be played, otherwise the game will be a forfeit.